

BOWEL CLEANSE PROGRAM

STEP ONE: Intestinal Formula #1

The herbs in this formula, *Aloe*, *Senna*, *Cascara Sagrada*, contain the phytochemical anthroquinone, called emodin, which increases peristaltic waves or the propulsive muscular movement through the digestive tract, especially the colon. *Oregon Grape Root* will stimulate and flush the liver, gallbladder, and the production of bile. *Cayenne or Habanero pepper* as well as *Ginger* are both powerful stimulants to the colon. Ginger will help relieve gas while the pepper corrects intestinal bleeding and is healing. *Garlic* is anti-bacterial, anti-viral, and anti-fungal.

This formula will stimulate, strengthen, and cleanse the muscles and surrounding tissue of the digestive tract especially the colon. It will halt putrefaction, disinfect, soothe, and heal; it will improve digestion, relieve gas and cramps, and increase the flow of bile which in turn cleans the gall bladder, bile ducts and liver. It will help to destroy *Candida Albicans* overgrowth and promote healthy intestinal flora. The use of **Caprylic Acid** at the same time for about three months is powerful adjunct to ridding oneself of *Candida* overgrowth of yeast and fungal forms. It will also destroy parasites, increase circulation and is anti-bacterial, anti-fungal and anti-viral. This formula used as explained *IS NOT HARSH*, the unique combination of these herbs work together in a very healing manner proven by over 30 years of experience in the clinical setting.

Begin by taking one of the **Intestinal Cleanse Formula #1** capsules with your largest meal the first day. On day two, take two capsules, each day increasing by one more until you notice a difference. You will be looking for softer stools, more frequent stools, the goal which is one movement about 30 minutes after each meal (no in-between meals), or two to three bowel movements each day even when juice fasting. Later they will become more regular, that is 30 minutes after each meal.

Once you have gotten your bowels moving as above, you stop increasing the numbers and the last amount that you have taken is the number of capsules that you will need to consume daily to maintain the desired two to three movements per day. This number, will over time decrease as your smooth muscles of the digestive tract heal and tone up. You may have to take anywhere from ½ a capsule to *67+ (rare) to accomplish the healing of your tract. Most people need anywhere from 1 to 12 per day. Even the 67 capsule person was able to take only 8-9 per day for the remainder of the time that they needed to heal after about 3 months initially.

These need to be taken with food, preferable in the latter part of the day, at least from noon on, if fasting, take them when drinking the SuperOneFood and fresh squeezed juice. They need to be taken for 6 months or longer according to your healing needs. If you have been constipated for years, if you have a degenerative disease such as cancer, diabetes, etc, if your immune system is sluggish and you are sick a lot, then 1-3 years or more is not too long. They are NOT ADDICTIVE! They heal, but as it took you many years to get in your condition, so it takes a few years to get totally well.

Anyone can take this product; but if you have lots of diarrhea, or lots of soft stools per day, if you have a hot bowel or one that is irritated and inflamed **and** working too frequently skip the #1 and go on to the **Intestinal Detox Formula #2**. There are a few who may need to combine #1 and #2 for their therapy. If you have other problems taking #1 ask for further instructions from **Lifetree**.

ACTIONS OF INTESTINAL CLEANSER FORMULA #1

- ✚ Eliminates constipation; promotes regular, healthy and complete bowel movements even in those with paralysis to the bowel.
- ✚ Stimulates and strengthens the muscular movement of your colon. In conjunction with a change in lifestyle and dietary considerations(ask for them) will transform and promote health of a sluggish bowel, a ballooned bowel without perforation, will be a life saving aide in spinal bifida, and most other bowel problems encountered.
- ✚ The Best Bowel Cleanser out of them all on the planet!

Once you are regulated on the Intestinal cleanser Formula #1, then you may begin taking the **Intestinal Detox Formula #2**. It Contains the three most powerful and effective absorbers and neutralizers known: clay, charcoal and apple pectin (which is fiber) along with the psyllium seed and husk powders.

The white clay sometimes known as Bentonite, is from Idaho and is one of the purest Bentonites found. It is known to absorb up to forty times its weight in intestinal fecal matter and waste. It will also soothe (healing), by cleansing out the mucoid plaque built up in the intestines, and draw out all types of intestinal parasites and toxic chemical irritants as well as toxic, irritating waste matter. The Activated Willow charcoal is well known for being the greatest absorbing agent for every toxin and poison known. It will absorb and render harmless over 3,200 know drug residues, pesticides, insecticides and just about every harmful chemical known. Apple Pectin draws out many harmful substances from the walls of your intestines, especially heavy metals like mercury and lead, and incomplete digestion putrefaction, carcinogens from radioactive and other materials from our environment, like over 4,000 drug residues It will absorb any infectious material; bacteria that should not be there; including the die off from Cancer and viral infections such as FLU. This action is like a vacuum cleaner for all of the bad stuff, and goes beyond the walls of your intestines to the whole system. This is reality concerning the physiology and chemistry of these substances in connection with your bodies and their responses. It is for real. When you add Marshmallow root along with Psyllium and Flax seeds, now it becomes mucilaginous and demulcent. This means that the water and herbs can now coat the internal surfaces of your colon and small intestines, which will soften and pull loose old, dried and hardened fecal waste matter that has probably been years in the making. It also means that the pain and suffering of hot irritation and inflammation of the intestinal mucous membrane will vanish, because

it will remove the cause and the body will heal itself by God's blessing.

IBS, Crohn's disease, spastic colons, and all types of inflammatory bowel diseases, stomach ulcers, colitis, leaky gut and ballooned gut that is weak and friable have often found the answer in the powerful healing of these herbal types.

This can be taken any time any way you need to take it. I suggest that you do it for six times a day for six days then give your body a break. Back off to two times a day for another three weeks. If you need to do more, do it. It can be taken 6 times a day for one to three weeks then go to the 2-3 times a day for maintenance

One dose is one rounded teaspoon full in a small jar of water, approximately 4-6 ounces. Cover and shake well, then drink immediately. Follow with 8 oz of water.

If you find your self with any kind of nausea, headache, vomiting, food poisoning, etc, Take this every 30 minutes until well. Usually takes 3-4 doses. 1-2 more won't hurt, just take enough water and enough of the ICF #1 capsules to keep the bowels moving 2-3 times a day.

To do an actual quarterly cleanse just take this dose 5-6 times a day for 5-6 days and then twice daily for 2-3 weeks.

All ages can take this formula. It has no taste, just a texture and is best taken in cool water. It can be mixed with juice if necessary for ease of consumption, but seldom is that necessary. Just remember the water is to follow each dose.